

## **2018 Shepherd Track & Field Sprinter Spring Break Workouts**

It's very important over break that we continue to do workouts so that we don't waste the 2 weeks of great practice we've had so far. There are 3 main workouts that you should do throughout the week and a handful of easy workouts that you should do in between the main workouts. I'll list them all below. If you have any questions please feel free to call/text me at 989-506-8556 or email [careyhammel@gmail.com](mailto:careyhammel@gmail.com)

### **Warm Up – Do Every Day you workout**

Plyos – At least 8

3 Minutes Jogging

1 Build up, walk back, 1 build up, jog back, 1 build up – Can guess build up distance

### **Cool Down – Do Every Day you workout**

4 Minutes Jogging

**Monday March 26<sup>th</sup>** – Flying 30s & 60s – This is the workout we've done twice so far.

Give yourself 10 meters to jog up to speed and then do the flying 30s and 60s all out with good form. You can do this workout anywhere that is flat and good footing. You can use time to measure figure 5 seconds for the 30s or 9-10 seconds for the 60 or you could pace them off, doesn't have to be super exact. Do 4 x flying 30s and 4 x flying 60s this week.

**Tuesday March 27<sup>th</sup>** – 4-6 easy build ups. Just start off slow and build up to a steady pace about 85%.

**Wednesday March 28<sup>th</sup>** – Longer workout – Won't necessarily be 200s but could be if you're on a track. If you're on a track do 4 x 200s with 3 minutes rest in between at about 75-80% if your not on a track then guys should do 4 x 35 seconds and girls 4 x 40 seconds.

**Thursday March 29<sup>th</sup>** – 4-6 easy build ups. Just start off slow and build up to a steady pace about 85%.

**Friday March 30<sup>th</sup>** – Hill workout – Just like we've did the first Friday.

Hill doesn't have to be super long or super steep. You are only sprinting up it for 6-8 seconds so hopefully you can find a hill that will work, just make sure it has good footing. Do 6 x 8 second hill sprints and 4 x 15 second hill sprints.

**Saturday March 31<sup>st</sup>** - Create your own circuit training with your choice of the following exercises, try to be doing activity for 3-4 minutes, then take a 2 minute break and repeat. Do each activity for 1 minute. Maybe do 3-4 sets.

Exercises could include: Stairs, Lunges, Standing Squats, Squat Jumps, Jump Rope, Stairs, Push Ups, Quick Stair Steps, Stair Jumps, Wall Jumps, Single Leg Jump, Box jumps.

### **Ancillary Workouts – Please do at least once**

#### **Core #1 - Planks - use push up position**

Leg Lifts - Lift Legs 5X, alternate, Arm Lift - Lift arms 5X, alternate, Opposites - Lift left arm and right leg, then right arm and left leg 10X, Transverse Arm - Bring arms through (Bear Puncher) 5X, Transverse Legs - Bring legs across and inside 5X, Transverse Both - Opposite arms and legs 5X Each Side

**Core #2** – Do a 5 minutes of core every other day. Do short planks of 15 seconds and do this 2-3 times. Then add all of the back pushing exercises, 15 seconds of back pushing, 10 leg lifts on each leg twice, 20 Crunches, 20 Bridges, 30 seconds bicycle forward, 30 seconds bicycle backwards

**Lifting** – If you have access to a weight room please try to lift twice throughout the week. If not do what you can without equipment. Lunges, Calf Raises(use a heavy book), Standing Calf Raises, Arm Circles, Standing Squats, Standing Single Leg Squats.